

## Highlights of the Institute

- Tranquil, 95-acre park-like setting overlooking the Hudson River
- Former Capuchin monastery
- Gardens & gazebo on the bluff by the river
- Healthful, world-renowned vegetarian cuisine
- Beautiful walking paths
- Ideal setting for meditation, contemplation
- Yoga mat provided



## Mindfulness & Meditation In Clinical Practice

Finally, the intensive multi-day mindfulness and meditation training in a retreat setting you've been waiting for! You have had exposure to mindfulness. You've read the articles and taken one-day classes. You know the benefits, but you're looking for more...

This is your opportunity to get away, immerse yourself in the evidence for these practices, learn the skills and integrate them into your clinical work. Leave able to teach these skills to others – something most trainings do not give you! And there is a powerful added bonus: you will definitely strengthen your own mindfulness and meditation practice, reducing your stress and enhancing how you experience everything in both your personal and professional lives. In this magnificent setting in the Hudson River valley, you'll get more!

- **More answers** to your specific questions on how to establish a mindfulness practice in your clinical work.
- **More direction** on how to integrate mindfulness into your treatment plans for specific disorders including anxiety, depression and trauma.
- **More practice, guidance and feedback** on utilizing mindfulness in specific therapeutic sessions.

Get the direction you're seeking with the in-depth training that only an intensive retreat can provide!

- Master the core skills of clinical mindfulness
- Mindfulness for trauma, anxiety, depression, stress, sex and more!
- "Go-to" techniques immediately applicable to your clinical practice
- Address toxic anger and reduce the body's anger response
- Guidance and interactive demonstrations
- Step-by-step instruction on specific mindfulness interventions and exercises

Limited availability! Register today at [pesi.com/express/68869](https://pesi.com/express/68869)

## Learning Outcomes

Learning outcomes can be viewed online at  
[pesi.com/express/68869](https://pesi.com/express/68869)

No Mindfulness or Meditation  
experience needed!

PESI sponsored retreat located at  
Garrison Institute, Garrison, NY



## How to Register

Choose the easiest registration method for you:

ONLINE	<a href="https://pesi.com/express/68869">pesi.com/express/68869</a>	MAIL
PHONE	800-844-8260 <small>Please have credit card available</small>	PESI PO BOX 1000 Eau Claire, WI 54702-1000
FAX	800-554-9775	



RETREAT IS LIMITED TO TRAINING PARTICIPANTS ONLY.

**1 Please complete entire form** (to notify you of retreat changes); please print; staple duplicate forms.

Name \_\_\_\_\_  
Profession \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ County \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Home/Cell Ph ( \_\_\_\_\_ ) \_\_\_\_\_  
E-mail address \_\_\_\_\_

*Registration email address is required to receive your certificate of completion and registration confirmation.*

**2 Tuition and 4-nights stay (68869GSN) May 13–17, 2019**

<input type="checkbox"/> Early bird by 4/22/19	\$1,799 per person
<input type="checkbox"/> Standard	\$1,999 per person

CE Certificate & Course manual  
Healthful vegetarian cuisine (3 meals daily)  
Yoga mat for use during your stay

Included  
Included  
Included

**\*\*Bring a friend and SAVE \$200 each!**

<input type="checkbox"/> Early bird by 4/22/19	\$1,599 per person
<input type="checkbox"/> Standard	\$1,799 per person

To register for double occupancy, please submit both registration forms at the same time.  
Indicate your roommate's name on the line below.

Roommate's name: \_\_\_\_\_

**3 Please indicate method of payment.**

☐ Check enclosed payable to **PESI, Inc.**

☐ Am. Exp. (15 Digits) ☐ VISA (13-16 Digits) ☐ MC (16 Digits) ☐ Discover Novus (16 Digits)

Card Number: \_\_\_\_\_ Card Expires: \_\_\_\_/\_\_\_\_/\_\_\_\_ Total  
Signature: \_\_\_\_\_ V-Code #: \_\_\_\_\_

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### 5-DAY CERTIFICATE PROGRAM

# Mindfulness & Meditation in Clinical Practice

**Monday-Friday, May 13-17, 2019**  
Garrison Institute • Garrison, New York

Earn Your  
Certificate  
Up To **22 CE**  
Hours

Reserve today!  
Limited availability



[pesi.com/express/68869](https://pesi.com/express/68869)



# Retreat Content

## MASTER THE CORE SKILLS OF MINDFULNESS

### Treatment Concepts

Introduction of mindfulness to clients  
Mindfulness as self-directed neuroplasticity  
Mindfulness as a skill-based path  
Reconsolidation of neural networks through mindfulness practice

**Experiential exercise:** self-regulation techniques

### Strengthen Therapeutic Presence

Benefits of therapeutic presence: presence, attunement, resonance, trust  
Stabilize the mind: the foundation of focus  
Self-regulation: the foundation of settledness  
Spaciousness: the foundation of openness

### Five Core Skills of Mindfulness

Clarify, set and re-affirm intention  
Cultivate witnessing awareness: metacognition  
Stabilize attention  
Strengthen self-regulation  
Practice loving-kindness for self and others  
**Experiential exercise:** stability of attention and awareness

### Neuroscience and Mindfulness:

Understand how the brain is conditioned  
Effective drivers of neuroplasticity  
Interpersonal neurobiology  
Attachment theory and the baby's brain  
Formation of mental models: core negative beliefs  
Neuroception and the operation of the brain's survival mechanisms  
The critical importance of implicit memories  
Adaptive safety strategies: negative side effects  
**Experiential exercise:** cultivate an inner refuge

## Mindfulness Practices that Change the Brain

Themes in beginning mindfulness practice  
Am I focused or distracted?  
Am I settled/grounded or tight/churning?  
Mindful transitions: a practice for new clients  
Stop-breathe-reflect-choose practice  
Development of client self-talk, scripts and mantras  
Positive visualization practice  
Transforming core negative beliefs about self  
Connecting with our True Nature

## TRAUMA, ANXIETY, DEPRESSION, RELATIONSHIPS, ANGER, STRESS AND SEX

### Mindfulness for Trauma

Cultivate safety and groundedness  
The dysregulated nervous system  
**Experiential exercise:** positive visualization

### Mindfulness for Anxiety

Witness the anxious mind  
Get unstuck from anxious rumination  
**Experiential exercise:** self-regulation practices for anxiety

### Mindfulness for Depression

Core negative beliefs that power depression  
Cultivate motivation and action  
**Experiential exercise:** develop behavioral plans with the client

### Mindfulness for Relationships

Clarify intentions that work in relationships  
Transform unhealthy patterns  
**Experiential exercise:** cultivate positive experiences/exchanges



### Mindfulness for Anger

Understand the source of anger energy  
Identify the anger storm  
Clarify the practice when anger arises  
**Experiential exercise:** rehearsal of the stop-breathe-reflect-choose practice

### Mindfulness for Stress

Educate the client about the impact of stress  
Change the stress reaction through practice  
**Experiential exercise:** strengthen awareness of stress response, shifting to relaxation response

### Mindfulness for Sex

Create conditions for healthy and mutually satisfying sex  
Open to the full power of sexual intimacy

### Mindfulness In-Session

Avoid compassion fatigue  
Approach each session as meditative practice  
Counsel "in the flow"  
**Experiential exercise:** Sky-Like Mind Practice

# Retreat Schedule

Monday–Friday, May 13 – 17, 2019

## Monday, May 13, 2019

3:00–4:30pm\* Check in  
4:30–5:45pm Program Introduction  
6:00–7:00pm\* Dinner  
7:30–8:30pm Evening Session/Experiential Activity

## Tuesday – Thursday , May 14-16, 2019

7:00–7:30am\* Optional Meditation Practice  
8:00–9:00am\* Breakfast  
9:30am–12:30pm Morning Session  
12:30–1:30pm\* Lunch  
1:30–2:30pm\* Individual Activity  
2:30–5:00pm Afternoon Session  
5:00–6:00pm\* Individual Activity/Leisure Time  
6:00–7:00pm\* Dinner  
7:30–8:30pm Evening Session & Experiential Activity

## Friday, May 17, 2019

6:30–7:30am\* Optional Mindfulness & Meditation  
8:00–9:00am\* Breakfast  
9:30am–12:30pm Closing session  
12:30–1:30pm\* Closing lunch and program conclusion

\* CE hours are not awarded for this time.

## Retreat Location

### Garrison Institute

14 Mary's Way, Route 9D  
Garrison, NY, 10524  
(845) 424-4800



## Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**ADDITION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 22.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**NEW YORK ADDICTION PROFESSIONALS:** This course has been submitted to OASAS for review. **COUNSELORS:** This intermediate activity consists of 22.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NEW YORK COUNSELORS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 26.25 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 1320 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NEW YORK MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 26.25 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 22.0 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 22.0 contact hours or 2.20 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PSYCHOLOGISTS:** This activity consists of 22.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Pennsylvania and South Carolina. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 22.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 22.0 (Clinical Practice) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

**NEW YORK SOCIAL WORKERS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 26.25 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**OTHER PROFESSIONS:** This activity qualifies for 1320 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

**Target Audience:** Counselors • Social Workers  
Marriage and Family Therapists • Occupational Therapists  
Addiction Counselors • Case Managers • Therapists  
Nurses • Psychologists • Other Mental Health Professionals

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## Guarantee

★★★★★

Your satisfaction is our goal — and our guarantee! If you are not satisfied with our products, we'll make it right!



For additional information: [pesi.com/express/68869](http://pesi.com/express/68869)

# Facilitator



**Terry Fralich, LCPC,** is a co-founder of the Mindfulness Retreat Center of Maine and former adjunct faculty member of the University of Southern Maine Graduate School. He has led more than 400 seminars, trainings and retreats both nationally and internationally. His expertise consists of mindfulness, neuroscience, CBT, brain change, emotional intelligence, stress reduction, meditation and the treatment of anxiety and depression. He has been teaching transformative mindfulness skills and practices for 20 years and has pursued his own practice of mindfulness and meditation for 40 years. Terry studied extensively with His Holiness the Dalai Lama for 25 years and with some of the American pioneers of mindfulness. He is the author of *Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness* and *The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy and Love*.

### Speaker Disclosure:

Financial: Terry Fralich is in private practice. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Terry Fralich has no relevant non-financial relationship to disclose.